




South West
London



If you or someone you know is struggling, seek help today

Dr Peju Raji
Consultant Psychiatrist

When worries start to get on top of you – family or work stress, cost of living pressures – it's hard to know when to reach out.

- Mental health crisis is when your mood and behaviour get worse very quickly and you feel like you can't cope
- Trusted professionals are available, 24 hours a day, every day, to provide confidential advice on the support available



SCAN ME

- ▶ **Call the mental health crisis line on 0800 731 2864 and choose option 1**
- ▶ **For more information use your phone's camera and scan this QR code**
- ▶ **Search 'South London and Maudsley crisis line'**